

February 15, 2009

Special points of interest:

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- Winter WonderFest
- Safety Initiatives #3
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- Info from Chief Flynn
- Incident Safety Officer Certification
- Health Tip: Boosting Your Immunity

Fire Officers:

<u>CHIEFS</u>	<u>RADIO #</u>
Chief Pat Parker	701
Asst Chief Flynn	702
Asst Chief Schnaidt	703

<u>CAPTAINS</u>	
Brian Bloom (11)	710
Tony Posey (9)	712
Jeremy Draper (1)	713
Troy Holliday (8)	714

<u>LIEUTENANTS</u>	
Wayne Mervau (8)	720
Mike Scanlon (11)	721
Jeff Carpenter (9)	722
Randy Agruda (8)	723
Chris Childers (11)	724
Mark Shaul (11)	727
Jeremy Metcalf (9)	728
Adam Drewery (1)	729
Mike Lince (1)	737

<u>SAFETY OFFICERS</u>	
Mike Vaughn (HSO)	747
Tom Henkel (8)	741
Randy Rittenhouse (11)	771
Jeremy Metcalf (9)	728
Adam Drewery (1)	729

<u>CHAPLAINS</u>	
Jude Younker	709
Glen Walters	740

<u>PUBLIC INFORMATION</u>	
Randy Agruda	723

<u>FIRE INSPECTORS</u>	
Brian Belcher	735
Robert Casey II	736
Mike Lince	737
Kathy Fordyce	738

The Metro Insider...



New Public Educator hired ...

The Grand Traverse Metro Emergency Services Authority is pleased to announce that Meredith Hawes has joined the Grand Traverse Metro Fire Department as the Fire and Life Safety Public Educator with the Fire Prevention Bureau.

The Fire and Life Safety Public Educator position was created by Metro Fire along with a grant from Grand Traverse County. The position will educate the public about recognizing, abating and preventing the fire and life safety hazards in their everyday lives. The Metro Fire Prevention Bureau program will concentrate on school children, the elderly and the infirm citizens who reside in the greater Grand Traverse County area.

Ms. Hawes comes to Metro Fire with extensive background in working with children as a previous director of the Boys and Girls Club in Traverse City and has experience in administration and grant-writing. Ms. Hawes is also a certified teacher in the State of Michigan and is a licensed realtor with Real Estate One.

Please join us in welcoming Meredith to our department.



Welcome to the 3rd Annual Cherry Capital Winter WonderFest

Join us for the Third Annual Cherry Capital Winter WonderFest, a three-day wintertime celebration chock-full of fun for all ages in the Cherry Capital of the World, President's Day Weekend, February 13-16, 2009. With a portion of the proceeds going to Special Olympics Michigan.



Fireworks at
Grand Traverse Resort
on February 15th at 8:30 pm

www.winterwonderfest.org

 800.748.0303	 231.922.2050
 231.946.2000	 231.872.8377
 800.968.3380	 231.938.2500
	 231.938.1350

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Firefighter Life Safety Initiatives # 3...

Life Safety Initiatives #3 - Focus greater attention on the integration of risk management with incident management at all levels. Including strategic, tactical and planning responsibilities.

Risk a lot to save a lot/Risk a little to save a little. This line has some variations but we should look at one word in that line; RISK. Risk management in the fire service has taken a front seat in the past few years. Today's fire service is not like it was 15, 20 or even 30 years ago. Our fires are down but our fatality rates stay the same. Why? Why are we risking our lives for something that is already lost? Retired Chief Alan Brunacini of the Phoenix Fire Dept best

related to this. His department and many more followed suit saying we will not risk our lives for something that is already lost. So now we ask ourselves, what is acceptable risk and unacceptable risk. Sure, you and I have different views as to what is acceptable and not. But when it comes down to the bottom line and you need to make a split second decision, think for a moment of what you will be doing and what affect this will have on you or your fellow firefighters. Think for a moment if what you do is really worth risking your life. The front seat to this is the incident commander. His/her decisions, as they relate to strategies and tactics, will determine the fate of the incident. Every decision that is made by the incident commander has a careful thought process that revolves around risk management. Any officer that makes a decision should follow through with a quick risk assessment. They need to ask themselves the very question: Am I going to risk a lot to save a lot or am I going to risk a little to save a little? We have many tools that will assist us in risk management and to help keep us safe. Here are some examples:

- Assigning an Incident Safety Officer not only for incidents, but trainings too.
- Review every call and talk about safety issues and near misses.



- Account for ALL members at the incident and training.
- Follow SOP's/SOG's on a regular basis.
- Attend Pre-Plans; know what is in your area and the hidden hazards.

To manage risk can be very simple. It only takes you! The firefighter, the officer, or the IC to think and realize what is acceptable and not. Everything we do in this department must involve risk management. This department stands by to prevent, protect, so you go home. As the health and safety officer for Metro, I can tell you that I and the other Safety Officers will do whatever we can do to make sure you are safe and go home. I can also say that we can't be everywhere at once. We are all in this together. Let's manage the risks not let the risks manage us. Decide if it's acceptable or not. Remember, we are here to help others, but we need you to be safe so as *Everyone Goes Home!*

Mike Vaughn
Health & Safety Officer

Feb — March Training Topics

Feb 16th — 1900 hrs (Sta. 8)

Fire Protection Systems

Feb 18th — 1900 hrs (Sta. 11)

Rope Rescue / Pt. Packaging

Feb 19th — 1900 hrs (Sta. 1)

Ropes/Rigging (Truck 1 Ops)

Feb 23rd — 1800 hrs (Sta. 8)

REQ: Medical: Special Programs

Feb 25th — 1900 hrs (Sta. 9)

Medical: Special Consideration

CEU: .5 Lecture | Category: Pediatrics

Feb 26th — 1900 hrs (Sta. 1)

Ground Ladders

Mar 2nd — 1900 hrs (Sta. 8)

Medical: Airway/CPR

CEU: 2 Practical | Category: Medical

Mar 4th — 1900 hrs (Sta. 11)

Medical: Special Consideration

CEU: 1 Practical, 1 Lecture | Category: Pediatrics

Mar 9th — 1900 hrs (Sta. 8)

Medical: Allergies

CEU: 2 Practical | Category: Medical

Visit www.gtmetrofire.org for current training calendar.

MONTH OF FEBRUARY: MANDATORY TRAININGS FOR EMT's and MFR's:

Special Programs for the new Basic Pharmacology Kits and King Tubes February 23rd, 2009 at 1800 hrs

Message from the Chief ...

I'm sure many of you have heard the word "change" coming from our leaders in Washington. You may also have heard the adjective "extraordinary" being used. If you think about it, this department has just undergone some extraordinary changes with the move to an authority, all volunteer to full and part-paid, new stations, new procedures, etc. Some of you are happy, some want it to be like it always used to be, and some don't care. For the most part, you all took in stride and changed with the department.

Terry and I spent some time with the folks at the Grand Visioning project last week. These regional planners have embarked upon a program where all stakeholders from the area have a say on what this region should look like in the future. I can tell you, change is coming. If we don't plan for the area's growth, you will take the mess that comes from no planning.

The same is true for the fire department. We too are taking another look at our strategic plan. Many items from the 2003 plan have already come to fruition. It is time to look at the next 5 years and beyond. In the next month, I will be visiting with all of the stations to discuss the current state of the department, but to also talk about the future. I welcome your thoughts and ideas.

Extraordinary change is coming to this region and to this department. I look forward to your input. Be part of the change that you want to see.

Pat

Congratulations to Capt. Jeremy Draper, Lt. Mike Scanlon, and FF Andy Doombos on achieving Fire Officer I & II.

Note from Chief Flynn ...

- Upcoming training that is **REQUIRED** for all members:
 - February 23rd – Special Programs for all EMT's and MFR's for the pharmacology kits and King Tubes.
This is the first of three available trainings that will be held for all members.
 - March 16th – RIT / Mayday Drills held at Bertha Vos Elementary School in Acme Township.
- February 14th is scheduled for the next physical agility test and written test for new recruits. It will be held at Station 9 in the morning. Approximately 38 firefighters will be working towards an eligibility hiring list for GT Metro Fire. February 28th is the agility test and written test for the Captain's list. Wish them all good luck!
- GT Metro received a \$4005 grant from the GT Band for purchase of the Last Chance Filters for our SCBA. Here's what one looks like. They will be used only as a last resort and you run out of air. This can get a firefighter 10-15 extra minutes. We will have these out to the stations for addition to the SCBA packs and to those who wish to have them as part of their equipment.
 
- There was a small fire at the Munson Laundry facility on Hughes Drive on February 9th when a nearby light fixture blew a bulb and caused excess build up of lint on the pipes to ignite, according to witnesses on scene.
- Preplans for buildings in the Metro area are in the planning stage for 2009. Profile/Grand Traverse Packaging was the first of the year done on Monday and proves to have many challenges as those who attended will attest. The plan will be in the books at Stations One and Eleven. If any member has preference for a time to attend these pre-plans, please notify your Captain and I will attempt to set the plans for those times that fit the most members' needs.
Each member shall attend at least one preplan for 2009.
- The Grand Traverse Resort will be displaying fireworks for the Winter Festival. Station 8 and 9 crews will be providing fire protection coverage at the resort.



Not getting our Newsletter???

Send an e-mail to Troy Holliday at
Tholliday@gtmetrofire.org to be
 added to our e-mail list.

Incident Safety Officer certification ...

Congratulations to our Health and Safety Officer Mike Vaughn for obtaining an Incident Safety Officer certification. The ISO certification will soon be nationally registered and will require continuing education courses to maintain certification like that of a medical license or fire inspector certification. CEU's can be achieved by conducting post incident reporting, teaching safety related topics and/or attending workshops. Currently in the State of Michigan, there are only 22 certified ISO's. It is HSO Vaughn's goal to continue his education by receiving the Health and Safety Officer National registry certification. A special thanks goes out to Mike for all of his hard work in creating a safer environment for all of us to work in. Keep up the good work Mike!

**GRAND TRAVERSE METRO FIRE DEPARTMENT
BIGGEST LOSER CONTEST**

**Start down the road to a healthy life style and
lose those extra pounds!!**

DON'T FORGET TO WEIGH IN EACH WEEK!



Boosting Your Immunity

Contributed by: Beth Pryde, BSES, Wellness Coordinator

References: Monitor on Line, UC Berkley Wellness Letter, Dr. Hoffman, M.D., CNS, Ken Adachi; Educate-Yourself.org

Well I don't think there is any doubt that winter has arrived; and more than likely here to stay for awhile. With winter comes a few more unwanted side effects; maybe a bit more "personal insulation" due to a decrease in our physical activity, but more dramatically is the instances of illness that we endure. So this month we are looking at ways that might boost your immunity this season against those cold's, flu's, pneumonia, and other winter-time illnesses.

It is not that there are more "bugs"(viruses, bacteria) around to catch in the winter months, it is that we spend more of our time in enclosed areas with those "bugs" that are always there. Most illnesses that manifest themselves are taken in by our bodies either by inhaling them or swallowing them. So if we have more time of exposure while being indoors and in more personal contact with others, it would explain why we have increased risk and incidence of catching and spreading those "bugs". This makes the strength of our immune system that much more important.

Immunity is our body's ability to resist disease and infection...our body's "Department of Defense". Basically there is an external defense, your skin (and mucous membrane), and internal defense, white blood cells. Your skin forms a wall against intruders and alerts the white blood cells if there is a "wound" that may cause infection. Your immune system's circulatory system (lymphatic vessels) allows the white blood cells to move throughout the body and catch infectious agents (antigens), and wipe them out.

Just in my own research, it became very clear that there is a lot of information out there on ramping up your immunity. Much of it is agreed upon, others remain under study, while still others are controversial and not considered proven. I will focus on the "agreed upon".

The most effective and direct way to affect your immunity in a positive way is to consume a varied balanced diet of; vegetables, fruits, whole grains, and dairy and meat products in low fat and small amounts. These foods contain the protein, fatty acids, vitamins and minerals (rich in anti-oxidants) that your immune system needs to run effectively and efficiently, such as: Vitamins, A, B's(beta-carotene, carotenoids, folic acid), E, and C; selenium, iron, zinc, phytonutrients (i.e. garlic, Echinacea, etc.) and others. Anti-oxidants remove the toxic wastes that accumulate in our bodies via stress mediums.

Other ways to strengthen your immunity and improve your general health are:

Regular Moderate Exercise: Research from the *International Journal of Sports Medicine* shows that just 45 minutes of a brisk walk per day was shown to lower the incidence of upper respiratory (UR) symptoms, cut the duration of illness in half and increase natural killer-cell activity in people prone to UR infections.

Quit Smoking: Part of the reason smokers are at risk for lung cancer and respiratory disease may be that smoking suppresses immune cells. When smokers quit, immune activity begins to improve within 30 days. (University of California Berkley Wellness Letter)

Rest: This is the time your body repairs itself. So a good night of sleep just makes sense.

Positive Attitude: Stress is one of the most damaging states to our immune system. Some studies have shown that angry, pessimistic or depressed individuals may be ill more frequently, and have longer durations to their illnesses. Our state of mind has been proven to affect our health. Immune cells interact with our nerve cells to communicate our bodies needed responses to fight infection. The bottom line is what goes on in our mind may interact with the immune system to suppress or enhance its activity.

Meditation/Music/Relaxation: All of these methods will help decrease unwanted and unhealthy stress that could be contributing to depressing your immune system strength and ability to function properly.

Supplements and natural remedies are still being studied and have mixed conclusions of their effectiveness. Use of these should be discussed with a personal physician as some may have immune depressive effects in too large of quantity, and may have side effects if taken with other medications.

Note: One of the best ways to resist getting sick is by washing your hands with soap frequently throughout the day. It doesn't necessarily boost the immune system, but it does remove those bacteria and virus' you may be carrying from contact with common surfaces.